

Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

7th annual Together We Reach Conference

Friday, December 18; full day beginning at 8:00 a.m.
Union Baptist Church, Route 5, Waterford

Planned by participants and run by participants, this day-long event is sure to be of interest to all. The conference is designed to give everyone an opportunity to learn new information in a fun and energetic environment. The day is filled with workshops, food and fun. Join us for the resource fair in the morning, sign up for door prizes, and enjoy our generous mix of speakers and activity directors from around the Tri-State area.

Understanding your Baby's Behavior

Wednesday, January 13; 2:00 p.m.
Vermont Department of Health
WIC Office
107 Eastern Avenue
St. Johnsbury

Thursday, March 17; 2:00 p.m.
Vermont Department of Health
WIC Office
107 Eastern Avenue
St. Johnsbury

Join other pregnant women like you to learn about newborn behavior, so you can know what to expect after your baby is born. We'll talk about hunger cues, infant sleep patterns, and reasons for crying, and we'll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. Dads and grandparents are welcome, too!

Call Amanda to register at
751-0171 or 1-800-952-2936.

La Leche League meeting

First Monday of each month
10:30 a.m.
Vermont Department of Health
WIC Office
107 Eastern Avenue
St. Johnsbury

Everyone is welcome — pregnant women, moms with newborns and/or toddlers. Come to a relaxed atmosphere where moms help other moms. Even if everything is going great, come for the social interaction and the chance to help another mom! Older children are welcome.

"Like" NEK Breastfeeding Coalition on Facebook.

All activities are FREE
of charge!

Breastfeeding workshops

Tuesday, February 2
1:00–3:00 p.m.
Conference Room at NVRH

Tuesday, April 5
1:00–3:00 p.m.
Conference Room at NVRH

First hour: Breastfeeding Basics

If you are planning to breastfeed or thinking about that option, join us for an introduction to breastfeeding.

Second hour: Returning to Work without Weaning

In this session we will talk about what your employer is required to offer to breastfeeding moms returning to work. Find out what you can do to make breastfeeding and returning to work easier. We will also talk about the "how-to's" of pumping.

Join us for Breastfeeding Basics or Returning to Work without Weaning. Register for either or both hours.

To register, call Amanda at
751-0171 or 1-800-952-2936.
Registration is required.





Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting January 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

Getting your card

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the St. Johnsbury Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

Ready, set, shop!

Home delivery for St. Johnsbury District Office WIC families will end the last week of December, 2015. You'll be able to use your new WIC card in authorized stores beginning January 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

St. Johnsbury eWIC Learning Sessions

Drop in anytime during the times listed.

Wednesday, December 16

10:00–11:00 a.m.

**St Johnsbury NEKCA and
Head Start
115 Lincoln Street
St. Johnsbury**

Friday, December 18

9:00 a.m.–3:00 p.m.

**Union Baptist Church
932 US Rt.5, Waterford, VT
Stop and join the festivities at the
Reach Up Fair. (This event is for
adults only.)**

Learn more at **healthvermont.gov/wic**
or **facebook.com/vdhstjohnsbury**